

ELOQUENT SPEECH OF GOV. A.
The 90th Regiment of Massachusetts

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Poetry.

From the Knickerbocker for September.
TO THE EVIL OF ALL TIME.

BY CHARLES G. LELAND.

"Evilness grows, evilness flows, evilness rises."—MEDLEY.
God is not dead yet, ye liars of the South!
I will not measure words with men who so blas-
pheme
As to swear that sacred freedom is condemned by His own
mouth,
And the martyr side of history was all a bloody dream.
But the last sun has not set,
And man has not toiled for ages
To be fooled out of his wages
Because "the South" has said it. God is not dead yet!
Ye never-dying vampires, still in old Ettrian graves
Rest the vases with the ashes of the forms which once ye
were,
When ye strove to crush the people back into dirt as slaves,
And said: "We are patriots—be ye sold for ever-
more!"
But how'er ye spread the net,
There were thoughts which would break through it,
And they live to make ye rue it
Through the brightening path of ages. God is not dead yet!
How ye howled in indignation when a Gospel for the low
Was preached to poor and simple men—untampered and
unpriest!
But ye dug your darkest pitfall, and shaped your wearis-
ome
When ye crucified the people in the form of Jesus Christ:
And you thought Truth's sun had set,
But it dawned upon a narrow
Which brought you endless sorrow,
And sounded your woe. God is not dead yet!
How through the Middle Ages your accursed banners
flaunted,
And with biting pride ye vaunted the wild-beast crests
ye wore!
"The serf is vile when laughing; good when weeping,
crushed and daunted."
Was the precious Christian doctrine of your feudal Latin
lore,
While with blood your racks were wet.
So ye ever used your power,
While fortune was in flower;
But now comes the avenging hour. God is not dead yet!
Then came the Reformation, like a dagger in your side,
Which laideth and Von Hittens, striking error to its
grave;
And their war-shouts, once in heaven, turned to holy
hymns, which cried
For the sacred rights of labor, and freedom to the slave:
And we forced from you the debt;
But something is still owing,
There is compound interest growing,
And now we'll make you pay it! God is not dead yet!
Ye have bid, and are outbidding. Every roaring revolution
Was a heavy contribution from the endless wealth of
time:
France and England sent their monarchs to the block of ex-
ecution,
Italy gave her sufferings, and all a faith sublime;
While ye held the bayonet,
Duffing and degrading
Every truth with your foul lying:
We to your will blindness! God is not dead yet!
Ye are fighting your last battle; in your rattlesnake alli-
ance
Of love for negro labor, and hatred of the white;
Ye stand amid your marshes, bidding all the world defiance,
Cursing History and Scripture, and each holy human
right.
In vain the curse and threat,
For your evil days are numbered,
And the sacred power which slumbered
Now wakes to full vengeance. God is not dead yet!
Our brothers' blood is flowing, but a storm of wrath is blow-
ing,
And vengeance is hot glowing in the hearts of sires and
wives;
And the seeds which ye are sowing will never cease from
growing,
Till the scythe of Death stops mowing lives to pay for
Northern lives.
When he pauses, 'tis to whet
The blade of vengeance brighter,
And his blade will not fall lighter
While the smallest debt is owing. God is not dead yet!

From the New York Independent.

LET US HEAR NO MORE OF SENDING BACK
THE SLAVE.

Stand up in the Capitol, and proclaim
To wondering nations the fearful game
Which the soldiers play for us, North and South,
At the bayonet's point and the cannon's mouth—
Count up the stakes, and reckon the chances;
Say, as each brittle column advances—
"So we contend against slavery,
Lying and cheating and knavery—
And then send back the slave."

North, East and West have poured out their treasures,
Doubled their titles, and heaped up their measures—
Called to strong men, "Now arm for the fight,
Crash the spear, and strike for the Right!"
Into the ranks slip young men and old men—
Into the ranks slip wise men and old men—
And the mothers kiss and caress them,
And the maidens cheer them and bless them,
And you send back the slave.

"Forward!" they march at the President's call
Through Baltimore's streets to the Capital.
"Forward!" where foes are entrenched in their might,
(Now God be with them, and favor the Right!)
And they see the hard battle before them,
And they think of the mothers who bore them,
And the maidens' cheers and flatteries—
March up to the murderous batteries—
While you send back the slave.

Wary and thirsty, they strike for the Right—
New men, but true men, they gallantly fight;
Bravely resisting, they stand by their flags
Till their gay colors are torn to rags.
They are falling, the young men and old men—
They are falling, the wise men and old men—
And the cannon-bell leaps and whistles,
And cuts down the shamrocks and thistles—
And you send back the slave.

Ay, weep for the soldiers who lie there dead,
And weep for the soldiers who turned and fled!
Send to the Northland, and gather a host,
Fill up the places of those you have lost.
Cry to the nations, "Come now and aid us,
Crush out the wrong for which you uphold us."
Then call on God for assistance,
For strength in your holy resistance—
And then send back the slave.

My countrymen, can you not understand
"This holy war," which the Lord hath planned?
That Justice and Vengeance shall make you strong
When you throw in the scales the ponderous wrong?
They have hated you, scorned you, scorned you,
And now from the field they have routed you,
While you with clinging humility
Kiss their soft hands in servility—
And you send back the slave.

OUR BROTHER!

Call him not "Brother," whose unhallowed hand
Hacks down the roof-tree of our common home!
Call him not "Brother," who, with sword and brand,
Lays waste the heritage of our fatherland!
Call him not "Brother," who, 'mid cannon boom,
Beats down old land-marks, shrouds in endless gloom
The hapless ones his greed hath barred and banished!
He is a Cain! Cain-like must be his doom.
The Prodigal, repentant, may return;
Repentant! Yes! Repentant—never! No!
The renegade from freedom all men spurn.
Who strikes for slavery makes the world his foe:
Who draws the sword shall by the sword be slain:
And whose "pious ease" must reap the hurricane.

The Liberator.

COMMENCEMENT EXERCISES

AT THE
Normal Institute for Physical Education.

The first Commencement exercises of Dr. Lewis's Normal Institute for Physical Education, which was incorporated last spring, took place at the Hall of the Institute, 20 Essex street, Boston, on Thursday evening, Sept. 5th. The exercises were novel, and exceedingly interesting. The members of the gradu-
ating class, comprising eight ladies and five gentlemen, presented the most gratifying evidence of the fidelity and thoroughness with which they had been trained, and of unremitting attention, on their part, to the arduous duties which such a course of in-
struction involves.

The Institute Hall is one admirably adapted to its use,—well lighted and ventilated, and sufficiently spacious, if not to accommodate all those who would desire to witness such an exhibition as that of which we write, at least, for all the ordinary purposes for which it is designed. On the present occasion, there were some one hundred and fifty invited guests present, who took the liveliest interest in the proceed-
ings.

The chair was taken at 7 o'clock by the President, C. C. FELTON, LL.D., (President of Harvard Col-
lege), and the exercises commenced with a prayer by Rev. Dr. KIRK. Dr. DIO LEWIS, Professor of Gymnas-
tics, then addressed the assembly as follows:—

Mr. President,—Members of the Graduating Class,—
Ladies and Gentlemen:

The circumstances call for a brief statement of the history and aims of this Institute.

Educated to the profession of medicine, and ming-
ling for many years principally with those classes who suffer most from non-observance of the laws of health, I came, many years ago, to think somewhat seriously of that ounce of prevention which is worth
tens of cure. Want of muscular exercise was one of the most obvious defects in our physical life. It was
not less obvious that the very structure of town and
city society rendered the correction of the evil im-
practicable, except in the Gymnasium.

I examined the German Gymnasium, the one so
much in vogue throughout the United States, with
great care. Entering one of these institutions, as a
pupil, I studied the anatomical and physiological be-
arings of its many exercises. I found that they were
not well adapted to children, women, fat men or old men,
and about eight years ago, I began the attempt to devise
something better. During this time, I have invented
more than five hundred different exercises, of which
a large experience has fully endorsed nearly three
hundred. Some of these, of the more simple kinds,
we shall have the pleasure to show you to-night.

A word of our purposes: In this hall and the story
below, we have a gymnasium for children, ladies and
gentlemen. In addition, the Institute has been in-
corporated as a Normal Institute for Physical Educa-
tion. Twice each year, a class of ladies and gentlemen
will gather here, as this class has done, from all parts
of the country, to prepare themselves to act as guides
in Physical Culture. In carrying forward this impor-
tant work, I have asked the aid of gentlemen of the
medical profession residing in this city. Dr. THOMAS
H. HOSKINS has delivered a most instructive course
of lectures upon Anatomy. Dr. JOSHUA CURTIS was
elected to the chair of Physiology by the Trustees of
the Institute, but being called to Washington, Dr. Hos-
kins delivered, most acceptably to the class, the lectures
belonging to this department. Dr. WALTER CHAN-
NING, known to all the world, has given us a series of
conversational lectures upon Hygiene, which we es-
teem as invaluable. He has given us the results of
his long and varied experience.

The class now about to graduate, composed of eight
ladies and five gentlemen, is one of which we feel truly
proud. The members of this class have been with us
during the prescribed term, and their faithful pupils
I never saw. Six, seven, eight, nine and ten hours
a day they have been occupied in this Institute, and
with a zeal I never saw equalled; and we who have
had to do with teaching them, think them prepared
to teach gymnastics, and to act as guides in all such
matters as ventilation, dietetics, dress, bathing, etc.

The graduating class then went through a series
of exercises with the "clubs," exhibiting a wonderful
degree of dexterity, strength and skill. Exercises
with "wands" and "dumb-bells" followed, which
excited great interest in the audience, and were wit-
nessed with much satisfaction and pleasure.

Mr. SYLVESTER SCOTT, one of the graduating class,
then read an essay on "The Importance of Physiologi-
cal Culture in a True Education," treating the sub-
ject in an able and comprehensive manner, and
presenting, in a clear and succinct form, the advan-
tages to be derived from the system of physical cul-
ture taught in the Institute.

The essay was followed by exercises with "rings,"
which afforded a fine opportunity for the display of
ease and agility of motion, and gracefulness of posture.
These exercises were most admirable—the very "po-
etry of motion."

The concluding exercises, of a physical character,
were some very amusing and as exciting facts with
the "bean-bags," and with clubs placed at equal
distances on the floor.

These exercises were agreeably interspersed with
patriotic songs by Mr. WHITNEY.

At the conclusion of the physical exercises, Presi-
dent FELTON presented the diplomas, and, in doing
so, spoke as follows:
FRIENDS:—I have very cheerfully acceded to the
request of Dr. Lewis to act as Chairman on this occa-
sion, and to be the organ of the presentation of the
diplomas to which you are entitled on completing
your course in this Institute.

It is hardly necessary to say much, on such an oc-
casion. But I will remark that, for many years, this
subject of physical education has occupied not only
my thoughts, but my practical labor, to a certain ex-
tent. I see in this assembly a respected friend, a
classmate of mine. I think he will remember that
we, early in our college life, were members of the first
gymnastic class, I think, that was ever formed in this
country.—Dr. Follen being at the head of it; a very
excellent teacher, and a very learned gentleman, from
Germany. I remember, to this day, with pleasure,
and with some degree of amusement, the extraordi-
nary performances we went through. I think my class-
mate Quincy rather beat me; but about this I hardly
remember. The class succeeded so well, that great
crowds, together with large numbers of gentlemen
and ladies, were accustomed to drive out of Boston,
and station themselves around the college delta, which
was covered with various machines,—some of them
looking marvellously like the gallows,—with which
we performed the gymnastic exercises of those times.
You will hardly believe, I suppose, that I ever climbed
the pole, (laughter,) or performed any of those airy
flights which we were trained to take in those times,
(laughter,) and yet I assure you that both Mr. Quincy
and I have done those things; though some of us be-
long to those classes of society which Dr. Lewis enu-
merated in speaking of other systems of gymnastics
as not being properly suited to their present condition.
(Renewed merriment.) And I confess that I should
be reluctant, myself, at the present day, to attempt
some of those exploits, and I fear it would be a spec-
tacle more amusing than profitable.

But, from that day to this, I have gained substantial
benefits from a system of gymnastic exercises, care-
fully devised by scientific persons familiar with the
human frame, as medical men, and as anatomists.
That I consider quite necessary; for many exercises,
if entered upon with the zeal of youth, and without
the knowledge of superior age to direct them, are dan-
gerous, and sometimes even fatal. We have all of us,
probably, known instances of the fatal effects even of
the common exercise of the dumb-bells, unless that is
practised with great discretion.

This present system of Dr. Lewis has appeared to
me to avoid most of the objections of some other sys-
tems, inasmuch as the machinery is slight and light,
easily managed, evidently,—I think even I could man-
age most of it,—and may be continued, I should think,
for long periods, without any danger to the health—
and great benefit, in most cases, if not in all. I have
not seen so much of it as some others; there are others
present who are familiar with it in all its details; yet
I have witnessed the effects of this system in some of
the schools in which Dr. Lewis has introduced it, and
it seems to me they are all good, without exception.

"Actions speak louder than words." The exhibi-
tion of this evening, I think, must recommend it more
than anything that I can say; but, as the time allotted
to the exercises of the evening has now nearly expired,
I will not add anything further, but simply hand the
diplomas,—expressing the gratification I feel in seeing
this system introduced into our schools.

I am well assured, teachers, that you will carry into
your schools the result of your experience here, and
that it will be for the benefit of your pupils.

Let me add one thing more, however, and that is,
that the health and vigor acquired by a thorough
course of exercises such as you have had here, cannot
be preserved if hereafter you entirely neglect them.
One objection to former systems of gymnastics, which
I have heard pressed by gentlemen who took part in
those primitive times, is that their health broke down
when they gave up the exercise. The reason was,
that they gave up the exercises altogether, after hav-
ing been in the habit of practicing them six or eight
or ten hours a day. I may speak on this subject with
some degree of experience, inasmuch as for more than
thirty years I have daily used dumb-bells, connected
with the bath; and for some time I have used, every
morning, in addition, clubs considerably heavier than
any that I have seen here to-night,—but for a very
short time; and I am convinced, by my own experi-
ence, and what I have seen in the experience of others,
that after the constitution has been thoroughly de-
veloped, and the health and vigor thoroughly estab-
lished by a course like that which you have now gone
through, you may retain all the advantages of it—the
great result, "*mens sana in corpore sano*," the motto
which is on your diploma,—by giving a very small por-
tion of each day to some one or the other of all the
exercises to which you have been accustomed here.

I find, ladies and gentlemen, on the card, that re-
marks are expected "by several well-known gentle-
men." It is the duty of the Chairman, on all such
occasions, to exercise a perfectly arbitrary power in
this matter. If Dr. Lewis thinks the audience would
stand a few minutes speaking, and that the words
which he would express an understood invitation, I in-
tend to call upon four or five gentlemen to say a few
words each; and first, the Rev. Dr. Kirk.

REV. DR. KIRK said: Mr. President, I do not know
that we need any more speaking, we have had so
much acting to-night; but I willingly add my testi-
mony. I have long been, as President Felton has
expressed himself to be, convinced of the importance
of physical education; and to me it is surprising that
it is not incorporated now into every system of edu-
cation in the land.

And after having looked on this evening, I am more
convinced than ever before of the supreme importance
of judicious training and supervision in gymnastic
exercise. I know that I once overstrained my mus-
cles by too violent exercise in the gymnasium, and
suffered an actual sickness in consequence. I am
now satisfied that Dr. Lewis has found the true sci-
entific process for physical development. It was my
privilege to welcome Dr. Lewis at his very first ar-
rival here, and everything, since then, has only con-
firmed my confidence in his ability to superintend this
system.

EDMUND QUINCY, Esq., being called upon by the
President, spoke as follows:
MR. PRESIDENT,—I suppose, after the gratification
we have received from the physical exercise we have
witnessed this evening, that we can do nothing less
than perform our share of vocal exercise. I will add
to your recollections of our gymnastic education. I
remember precisely who were injured. One of our
class, I recollect, who is now a Bishop of the Church,
broke his arm. But I think there was no person who
went through those exercises who would not, to this
day, say that he has derived advantage from the
first principles of physical training which we received
from the mouth and the example of Dr. Follen,—how
to walk, how to breathe. I learned to breathe through
the nose from Dr. Follen, which I have practised ever
since. (Laughter.) And I read in the paper, the
other day, that this is considered a specific against
infection; that people can go into the most malarious
districts, and escape harmless, comparatively, if they
can only breathe through the nostrils. Mr. Catlin
published a book on the subject of breathing through
the nose; he considered that all the calamities of the
human race arose from breathing through the mouth;
that if people would always breathe through their nos-
trils, they would live forever, without disease. That
is extravagant, of course; but I have no question
there is a great deal of philosophy in it.

I have myself used exercises, for about fifteen years,
of my own invention. I used to be a great runner,
but finding that took a great deal of time, I got tired
of it, and substituted these exercises, and think they
have answered the purpose far better,—that fifteen
minutes' well-chosen gymnastic exercise, in the morn-
ing, is equivalent to two hours' walk. I can also give
a signal example of the benefit of this species of treat-
ment upon the human frame. My father, who, I sup-
pose, most of you know, is one of the oldest inhabi-
tants of this Commonwealth, and by far the oldest
graduate of the College over which my friend presides
so worthily as his successor, has for a space of
forty or fifty years adopted the system of using these
exercises in his dressing-room, mornings, in connec-
tion with his bath, about fifteen minutes a day, and
continues it to this day; and he considers that he
owes his extraordinary longevity, and the still more
remarkable degree of health which has blessed his long
life, to that fact, in connection with his temperance,
the systematic control of his passions, and the regula-
rity of his habits. The last time I saw him, I spoke
to him on this subject, and he told me he had been
taking this exercise, and was perfectly satisfied that
he owed all these blessings of health and long life to
that practice. (Applause.)

PRESIDENT FELTON. I consider this testimony of
the gentleman very valuable, derived from his own
experience and the example of his illustrious father,
who is now, in his ninetieth year, possessing extraordi-
nary vigor of body for a man of that age, and vigor of
mind for a man of any age. At the last Commence-
ment which Dr. Quincy made a speech that exhibited
a vigor of mind, and a play of imagination and
wit which equalled what I won't say to his best days,
because I think his best days are long since past, but to
strongest physical days. And there cannot be a more strik-
ing example to be found of physical exercise con-
ducted at so late a period of life. Indeed, all the vir-
tues adorn the character of that great man, and I
wish that his example might be set forth, in all its de-
tails, to the young men of this city and this nation,
now and hereafter.

My friend Mr. Hagar is present, and by authority,
I call upon him to say a word or two.
MR. D. B. HAGAR. Mr. Chairman, I submit to the
meeting. Yesterday, sir, I had the pleasure of tak-
ing a ride in the country with an esteemed friend of
mine, who I suspect must be a distant relation of Mrs.
Partington. As we passed an elegant estate, said he
to me, "Bishop So-and-so has purchased this estate."
"Ah!" said I, "for what purpose?" "O," he is going
to establish a school here, or some sort of cemetery."
(Laughter.)

The words have been running through my mind
ever since. As I went home, and passed my school-
house, I said to myself, "A school, or some sort of
cemetery!" And as I got up this morning, and went
to my school-room, and saw the seventy or eighty
boys around me, I said to myself, again, "A school,
or some sort of cemetery!" To-night, as I left my
house, in order to come to this place to witness the
exercises which have so delighted us, I was met by a
gentleman whose daughter entered my school as a
pupil three or four days ago,—and during that time
has learned and recited, I believe, only one lesson.
Said this gentleman to me, with tears in his eyes:
"Mr. Hagar, my daughter is a very nervous girl;
she came home, to-day, and began to cry about her
lessons." "Why," I replied, "she has not begun to
recite, yet." Said he, "Yes, but she is afraid she
won't recite well, and is crying about it." I said to
myself, "Then I must look out, or my school will be
some sort of cemetery" to that girl.

As I came up the stairway to-night, I took out my
card, and read, "Normal Institute for Physical Educa-
tion." "Ah!" said I, "a school, or some sort of
cemetery here;" and then, as I looked along down,
and saw the names of four M. D.'s, said I, "It is a
cemetery, sure!" (Great merriment.) I entered the
door, and I must confess that my feelings were quite
relieved when I saw a very jolly-looking sexton stand-
ing at the door, and more when I had conversed
with him only five minutes. "Ah," said I, "there
must be a cemetery there; here is a *sadistic* to begin
with." (Laughter.) By-and-by, out came the clubs;
and bearing in mind that this was a cemetery, and
the sexton was playing his cards, I said to myself,
"Clubs are trumps, surely." (Renewed laughter.)
When the wands made their appearance, I began to
feel better; everything was graceful and magic-like;
I said, "After all, this is a very pleasant lot to be
buried in." And then, as we passed on, too, the clo-
quence of the wooden-headed dumb-bells spoke to me
a language which was exceedingly encouraging, not
only to myself, who might perhaps take those hard
old exercises which fat men can't,—not only encourag-
ing to me, but the rising generation.

Looking at this matter of gymnastics, Mr. Chair-
man, in a serious way, I may say that, for some years,
the subject of physical education has commanded my
attention. We have had in our educational associa-
tions a great many lectures on the importance of
physical education. Every teacher, lady or gentle-
man, has always been ready to admit the importance
of physical education. The great question has been,
how will you accomplish that end? We admit that
the body should be educated; we admit that we can-
not have full mental vigor without bodily vigor; the
question is, how shall we get this physical culture?
Gymnastics were proposed,—the old-fashioned gym-
nastics,—and they have been introduced into some
schools,—but into very few, on account of the expense
attending the apparatus. Teachers came to the con-
clusion, very generally, that it was impossible to in-
troduce the kind of gymnastics that have been already
referred to.

Dr. Lewis, a year ago, presented his gymnastics be-
fore the American Institute; and I think it is per-
fectly correct for me to say, that the way so long de-
sired has been pointed out, the course has been marked out,
and to-day many eminent teachers have taken that
course, and are pursuing it with the most excellent re-
sults. I say, not only in my own name, but in behalf
of many of my fellow-teachers, that we recognize the
debt due to Dr. Lewis. I know, from personal obser-
vation, that in many schools in this city, and towns
around this city, this system of Dr. Lewis has been
introduced, and the results have been all that could be
desired. It is necessary, of course, that any system
which shall be adopted in our schools shall be such as
can be made use of in our ordinary school-rooms,
because the most of our school buildings are so con-
tracted as to afford only the ordinary study and recitation
rooms, not affording a hall in which exercises of a
general character might be had, not more difficult
than such as have been witnessed to-night.

I am happy to add my word of endorsement to what
the Doctor has said; and if the time permitted, I
should wish to make some remarks on the ways and
means of promoting physical culture in our schools.

I am satisfied, furthermore, that the charges which
have been brought against teachers, that they have
been neglecting the innocents, are, as a general fact,
without foundation; that the cause of the illness of
school-children lies far back of the teacher; it arises,
in a great many cases, from the ill-health of parents;
it arises, in many more cases, from the injudicious
course of treatment received at home. If children
are allowed to eat when and what they please, to go
when and where they please, and to study as little or
as much as they please, it is hardly fair to charge
teachers with having been their murderers, if they go
to their graves early.

I hope that our friend Dr. Lewis will feel encouraged
by the results of his efforts in this city; and I know
that he has been the means of doing us teachers and
our pupils a vast deal of good, and if we do not profit
still more by what he has shown to us, it is not his
fault.

PRESIDENT FELTON. What Mr. Hagar has said
about the cemeteries reminds me of an anecdote.
Some years ago, the Turkish minister visited this
city, and among others of our institutions, he went
to see the cemetery at Mount Auburn. On his re-
turn, he was entertained with a magnificent din-
ner at the Revere or Tremont House; and one gentle-
man present asked him, through an interpreter, what
he thought of Mount Auburn. "I thought it a very
pleasant place for a short visit." (Laughter.) Now,
the place of cemeteries that Mr. Hagar referred to are
very pleasant places for short visits, no doubt; but I
hope, by the introduction of this system, or some
system that will act as efficiently on our muscles,
that remark can no longer be applied to them.

I wish to add, further, some very important ob-
servations as to the illness of children. It is fre-
quently supposed that hard study is very unhealthy,
and it is even supposed, by some, that young peo-
ple kill themselves by hard study. I wish to say,
emphatically, that all those stories are monstrous fab-
rications; that no child, girl, boy, man or woman,
ever died of hard study, or ever injured themselves
by hard study; and that all the complaints made
against schools, of injuring the health of students, by
hard study, are utterly calumnious and false; and
that among the most healthful exercises, the exercises
that most promote vigor, strength—physical vigor,
physical strength—is the exercise of the human brain
—which is itself a physical organ—only it must not
be exercised alone. But the pale and puny student,
who flatters his self-conceit that he is suffering dys-
pepsia, and all the ills that come with it, because he
is so intellectual, may not "lay that flattering tribute
to his soul" any longer;—it is because he is a fool, it
is because he is a fanatic, it is because he has not ex-
ercised his brain, and neglected the other parts of his
system also. (Applause and laughter.) With a sound
system of physical exercise, and healthy modes of
living, that same pale and self-flattering intellectual
being would accomplish twice, four times the amount
of physical work that he has brought him to death's door,
and he prides himself on being in that very pleasant
position.

It has been proved, by statistics, that among the
longest lived, as a general rule, are the most intel-
lectual. It is not—"Whom the gods love, die young";
"Whom the gods love," live longest, as young";
the cause of the illustrious friend who has already been
spoken of here, "Whom the gods love," live longest;
it has been proved by the statistics of universities,
Professor Pierce, of our University, examined the
subject, and he found, somewhat to the surprise of a
portion of the community,—I won't say what por-
tion,—that, taking classes in the average, those who
are the first to die are those who are the dulllest and
stupidest and most irregular during their college life;
while, as a general rule,—of course there are excep-
tions, but exceptions prove the rule in this as all other
things,—the good scholars, those who exercise their
brains constantly, thoroughly, faithfully, and have
performed all their duties conscientiously, are the
longest lived. I think these are facts really worth
being impressed upon the young.

MISS ABBY W. MATY, (daughter of SAMUEL MATY,
Esq., a member of the Graduating Class, then read

a valedictory address, a considerable portion of which
was devoted to the subject of dress, as affecting the
health of women, and, through them, the race univer-
sally. The address was admirably written, full of
vigorous thought, clearly and tersely expressed. In
conclusion, Miss Maty referred to the teachers con-
nected with the Institute in the following terms:—

"Classmates, the time has come for us to bid farewell
to our teachers, and to one another. It were idle to
linger over the word. The golden hours of summer
have borne forever into the past the nine weeks of
earnest purpose that have held us together here. They
have been weeks of unbroken harmony; of much la-
bor, of a kind that was new to nearly all of us; but of
a wholesome and increasing satisfaction that I think I
may say we never knew before. To our teachers, we
owe our hearty and respectful thanks. Where each
one has been so able in his own department of science,
and each so devoted to our service, it were invidious
to single out any one for an especial thank-offering, were
it not that he who is the founder of this Institution has,
by the nature of his relation to it, been called upon to
make the greatest sacrifices of time and strength for
our welfare: all of which he has done with a zeal and
patience which have been a daily surprise, even to
those of us who, from previous acquaintance with him,
had been led to expect great devotion. Henceforth,
we shall delight to think of him as one who holds our
welfare very near his own; we shall turn to him for
sympathy and encouragement in our failures, and shall
love to bring our successes to him as belonging more to him than to ourselves.

We part to-night, never, in all probability, to meet
again. Our country, soon we trust to be united and
free, offers a wide field for our exertions. In our own
unaided strength, we can do little; but let us go forth
to our work with full assurance, that He, in whose ser-
vice we are to labor, will make us strong unto the end,
if we put our trust in Him."

A benediction was then pronounced by Rev. Dr.
KIRK, and the exercises terminated. It will not be
doubted, by any who were present, at least, that this
Institute will be of inestimable value in promoting
the physical well-being of all who come within the
sphere of its influence, whether in immediate connec-
tion with it, or through the intelligent and well-
instructed teachers which it shall send forth into
various parts of the country, to spread the knowledge of
this new system, and on whose steps shall tread close,
health, purity, and happiness.

TO J. P. B.

You propose a compromise for the government and
its rebels; and, as a basis, an acknowledgment of the
sovereignty of the rebelled section; on condition that
"travel, residence, domestic and social engagements,
commercial transactions, and the exercise of speech,
writing and printing" shall "be free to the citizens of
each republic."

Now, what is the cause of the rebellion? Simply
the barbarism that, with a savage gusto for blood,
hunts down those who, under the aegis of the Constitu-
tion, for the purpose of visit or sojourn, have the
temerity to set foot on the slave-cursed soil, now lord-
ed over by a rebel faction.

While this cause or barbarism exists, your com-
promise, with any such condition as you propose, is
the merest vagary; and when that cause is removed,
there is no longer any rebellion. The difficulty is,
that as a remedy for the effect, you propose something
with conditions utterly incompatible with the cause of
that effect.

When you shall change the character and moral
influence of the principle of human chattelism as it
has been undemonized, the social condition of the South,
you may hope for peace short of emancipation. You
may suggest remedies to avert bloodshed, but God Al-
mighty will not tamper with this monster abomination
of the nineteenth century.

Sheds Corners, N. Y. A. HOGGBOOM.

REV. DR. CHEEVER.

Dr. Cheever's return to the United States is
greeted with gratulation by the friends of freedom
here. Having performed a great work in Great
Britain, he returns at a time when the most impor-
tant laborers and councils are much needed in this country.
At present, he is visiting friends in New England,
but is expected to resume his pastoral labors in New
York ere long.

Just before his departure from London, a public
meeting was held to present him with an address
and tokens of sympathy. The following were the ad-
dresses presented on the occasion to Dr. Cheever by
Lord Shaftesbury:—

TO THE REV. G. B. CHEEVER, D. D., Pastor of the
Church of the Puritans, New York:

REV. AND DEAR SIR,—A number of English
gentlemen desire to show their sympathy with the
friends of freedom in America, by testifying to your
self high sense of the services you have rendered
to the cause of humanity. For more than a
quarter of a century, you have been, with us, a potent
factor in the struggle for freedom. You have, by your
speech and writing, maintained the indelible right of every
being to his personal liberty; and in the face of an opposition
which few would have had the firmness to withstand, you
have boldly proclaimed it to be a crime to reduce any
man to the condition of a chattel.

Your